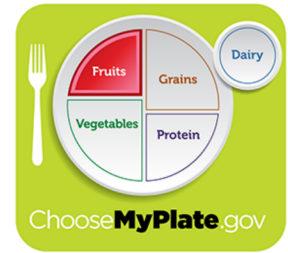


Strawberries



- Store in the fridge for 3-5 days.
- Throw out damaged or moldy berries before storing them to prevent the spread of mold.
- To freeze, wash and dry thoroughly. Spread out over a baking sheet in a single layer and freeze completely before combining into a freezer safe plastic bag or container.
 - Strawberries can stay fresh while frozen for up to 1 year.



This institution is an equal opportunity provider.

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- Add strawberries to salads or yogurt for a nice pop of color, taste, and serving of fruit.
- Combine with nuts or cottage cheese for a healthy and easy snack.
- Add to muffins, pancakes, or waffles for a fun twist on a traditional breakfast.
- Use frozen strawberries in smoothies with other frozen berries or bananas.
- Cook down fresh or frozen strawberries in a pot with water, a touch of sugar, and a squeeze of lemon to make a delicious syrup for pancakes or waffles. Strain to remove seeds if desired.

Strawberries contain vitamin C, manganese, folate (vitamin B9), and potassium.

Strawberries are rich in antioxidants, which may help to decrease your risk of heart disease and cancer.